

COCONUT WITH CARROTS

Grate a cup and a half of crisp raw carrots and add to them a can of the moist-packed coconut. Blend with enough mayonnaise to bind the ingredients. Pack tightly into muffin tins or individual molds and set to chill in the ice box. Serve unmolded on crisp lettuce and dress with more mayonnaise.

This is a splendid salad for Sunday night supper served with cold sliced veal loaf and whole-wheat bread and butter sandwiches. Fresh berry tarts would make a nice dessert.